



HIKE BIKE AND BARK FOR HOSPICE



Annual Hike Bike and Bark for Hospice Exercise Regimen

Those of you who have been with me since the beginning know the intimate details of my exercise regimen that gets me ready for the Community Care Northumberland annual Hospice fundraiser. They have involved, among other things, sliding down bannisters and they span over almost 15 years. If you are new to my page for this annual fundraiser here's a synopsis:

I started the first year by briskly walking from the kitchen to the living room to watch the news with scotch in hand, then another brisk walk to get a glass of wine to go with dinner. Note that it was a brisk walk both ways. The next year I added another scotch and the year after that a second glass of wine making four brisk walks each way.

The following year I came up with what turned into the splinter fiasco. I bought a small fridge and put it upstairs in the bathroom. Put the wine inside the fridge and the scotch bottle on top of it along with glasses. This necessitated going up and down stairs four times. Going up with an empty glass was fine. It was the coming down that was the problem: most of the damned booze jumped out of the glass as I walked down the stairs. So, I decided to slide down the bannister. Some sage Irish person said: "As you slide down the bannister of life may the splinters never point in the wrong direction."

You can guess what happened. I spent large sums of money on having the bannister sanded highly polished.

It's now 2022 and the old Hike for Hospice has a new name: **Hike, Bike & Bark for Hospice**. You can walk it, bike it or swim it, and take your dog! It starts on August 27 and goes until September 10. You can do your whatever any time during those dates and then meet everyone on the 10th at Ed's House.

Regardless of what I decide to do and when, it requires me to get in shape. So the climbing of the stairs to the fridge in the bathroom and the sliding down the bannister glass of wine in hand has already started. (I quit drinking scotch thinking it would cut down on the calories so switched to two glasses of white before dinner and two red with. Three ounces each instead of six. Still made for four trips up and down stairs.)

So there you have it. I'm already seeing the fruits of my sliders. XOXO